

Appl. No.: 10/804,598
Amendment dated February 21, 2008
Reply to Office Action of September 21, 2007

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Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1-12. (cancelled)

13-26. (cancelled)

Please add the following new claims 27-34:

27. (new) A portable recording device configured for recording achievement of resistance training objectives with at least two resistance training parameters in connection with a resistance training workout;

the portable recording device adapted to receive a resistance training workout comprising a series of resistance training exercises with at least one set per resistance training exercise, each set having at least two attributes including: resistance level and number of repetitions, the portable recording device capable of receiving a series of at least two different resistance training exercises;

the portable recording device adapted to present to the user a sequence of sets for the previously received resistance training workout, the presentation including an indication of the resistance training exercise;

the portable recording device adapted to receive a confirmation indication from a user that a particular set was performed in accordance with the at least two attributes;

the portable recording device adapted to receive input from the user to indicate a deviation in resistance level used for a particular set; and

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the portable recording device adapted to receive input from the user to indicate a deviation in number of repetitions performed for a particular set.

28. (new) The portable recording device of claim 27 wherein the portable recording device is adapted to communicate with an external device to receive the series of resistance training exercises with at least one set per resistance training exercise, each set having at least two attributes including resistance level and number of repetitions.

29. (new) The portable recording device of claim 27 wherein the portable recording device is adapted to allow a user to provide a confirmation indication through the exclusive use of a confirmation input and to receive deviations in numeric values through a separate bi-directional input such that the user may provide a full set of inputs in connection with the execution of the resistance training workout comprising a series of resistance training exercises through the use of the confirmation input and the bi-directional input.

30. (new) The portable recording device of claim 27 wherein a user requesting the portable recording device to display a resistance training workout is provided with one of at least two previously received resistance training workouts based on a schedule and an internal value for current date.

31. (new) The portable recording device of claim 27 wherein the device may be worn like a wrist watch.

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32. (new) A portable recording device configured for recording achievement of resistance training objectives with at least two resistance training parameters in connection with a resistance training workout;

the device adapted to:

receive a resistance training workout comprising a series of sets for at least two different resistance training exercises, each set having resistance training objectives with at least two resistance training parameters; and

record the performance of the resistance training objectives or deviations from the resistance training objectives by:

STEP A) initializing a current set as a first set from a previously received resistance training workout for a series of sets for at least two different resistance training exercises;

STEP B) presenting: a current resistance training exercise for the current set; a specified number of repetitions for the current set and a specified resistance level for the current set;

STEP C) receiving from the user a reported performance for the current set through a confirmation of performance of the specified number of repetitions at the specified resistance level for the current set;

ELSE

receiving the deviation in performance of the specified number of repetitions, if any; and
receiving the deviation in the specified resistance level, if any;

STEP D) IF the current set is not a last set in the previously received resistance training workout for a series of sets for at least two different resistance training exercises, THEN setting a next set in the series of previously received resistance training workout for a series of sets for at least two different resistance training exercises as the current set AND GOTO STEP B;

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the previously received resistance training workout is complete.

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33. (new) The portable recording device of claim 32 wherein:
the previously received resistance training workout may include a delay interval between a specific set and a next set; and
after receiving from the user the reported performance for the current set when the current set is the specific set, timing the delay interval then at the end of the delay interval providing an indication to the user that it is time to begin the next set.
34. (new) The portable recording device of claim 32 wherein the receiving from the user the reported performance for the current set through the confirmation of performance of the specified number of repetitions at the specified resistance level for the current set is the absence of input from the user during a window of time for the user to provide input for the current set.